



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

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### **What is rabies?**

Rabies is a serious disease that is caused by a virus. Each year, it kills more than 50,000 people and millions of animals around the world.

### **Is rabies a problem everywhere?**

Rabies is a big problem in Asia, Africa, and Central and South America. In the United States, rabies has been reported in every state except Hawaii.

### **Who gets rabies?**

Any mammal can get rabies. Raccoons, skunks, foxes, bats, dogs, and cats can get rabies. Cattle and humans can also get rabies. Animals that are not mammals -- such as birds, snakes, and fish -- do not get rabies.

### **How does an animal get rabies?**

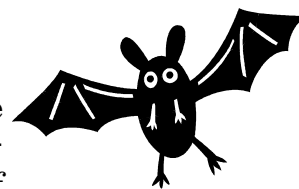
An animal gets rabies from saliva, usually from a bite or scratch of an animal that has the disease.

### **How do you know if an animal has rabies?**

Animals with rabies may act differently from healthy animals. Wild animals may move slowly or may act as if they are tame. A pet that is usually friendly may snap at you or may try to bite. Some signs of rabies in animals are: changes in an animal's behavior general sickness; problems swallowing; increased drooling; aggression.

### **How can I prevent rabies?**

Vaccinate your dogs, cats, and ferrets against rabies. Do not handle wild animals. If you see a wild animal or a stray, especially if the animal is acting strangely, call an animal control officer. Bats are of higher concern in this area.



DO NOT feed wild animals, such as raccoons, or try to make them your pet. Get your pets spayed or neutered. Pets that are fixed are less likely to leave home, become strays, and make more stray animals.

If you do get bitten by an animal, wash the wound with soap and water for at least 5 minutes. Call your doctor to see what may be observed or tested for rabies. Use care so that the head of the animal is not damaged.

*The mission of the Grant County Health Department is to  
promote the health and wellness of ALL residents of Grant County.*

## Car Seats

We have a limited amount of free car seats and high back booster seats available. They are distributed to qualified households, one per child. If you are in need of a car seat contact Cheryl at the Grant County Health Department at (608) 723-6416. Cheryl is also trained to check your existing car seats to ensure they are installed correctly, if the car seat is listed for a recall, or if the car seat is outdated.

Wisconsin State Law lists the following four-step progression for effective child safety protection in vehicles:

**REAR-FACING:** Less than 1 year old and less than 20 pounds.

**FORWARD-FACING:** 1 year old but less than 4 years old AND weighing at least 20 pounds but less than 40 pounds.

**BOOSTER SEAT:** 4 years old but less than 8 years old AND weighing 40 pounds but less than 80 pounds.

**SAFETY SEAT:** 8 years old or older, weighing 80 pounds or more, and is 57 inches (4 feet, 9 inches) or taller.



Always use proper child restraints and seat belts when operating motor vehicles.

## FoodShare Wisconsin - A Recipe For Good Health

FoodShare, Wisconsin's name for food stamps, helps people with limited money stretch their food dollar and buy the food they need for good health.

Each month, people across Wisconsin get help from FoodShare. They are people of all ages who have a job but have limited incomes, are living on small or fixed incomes, have lost their job, retired, or are disabled and not able to work.

If you want to find out if you can get FoodShare benefits, you need to apply with the Grant County Social Services Department. Their telephone number is 608 723-2136, or call 1-800-362-3002. You can also apply online at [access.wi.gov](http://access.wi.gov). Click on the "Apply For Benefits" tool. This tool will let you submit an application directly to the Grant County office. You may also apply with them in person or by telephone, but you will need to call and set up a time for an interview.



If you want to see if you may be able to get FoodShare Benefits before you apply, you can use the "Am I Eligible" tool, also at [access.wi.gov](http://access.wi.gov).

For more information on healthy eating, contact UW-Extension's Nutrition Education Program at 723-2125.

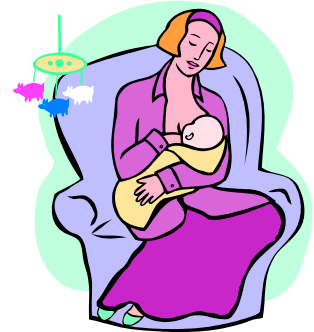


Please note that many families can qualify for WIC and Foodshare allowing them greater benefits and access to healthy foods.

## August is National Breastfeeding Month

There are many benefits to breastfeeding. Even if a baby is breastfed only a short time, his/her immune system can benefit from breast milk. Other benefits include:

- ☼ Breast milk is the most complete form of nutrition for infants. Most babies digest breast milk easier than formula.
- ☼ Breastfed infants tend to gain less unnecessary weight and to be leaner. This can reduce the chance of being overweight later in life.
- ☼ Breastfed babies score slightly higher on IQ tests, especially babies who were born pre-maturely.



### BENEFITS FOR MOM:

- ☼ Breastfeeding uses up extra calories, helping mom lose the pounds of pregnancy. It also helps the uterus to get back to its original size and lessens any bleeding a woman may have after giving birth.
- ☼ It also lowers the risk of breast and ovarian cancers, and possibly the risk of hip fractures and osteoporosis after menopause.
- ☼ Breastfeeding saves time and money. You do not have to purchase, measure, and mix formula. There are no bottles to warm in the middle of the night!
- ☼ Breastfeeding can help a mother to bond with her baby. Physical contact is important to newborns and can help them feel more secure, warm and comforted.
- ☼ Breastfeeding is better for our environment because there is less trash and plastic waste compared to that produced by formula cans and bottle supplies.

### Make A Phone Number Bracelet

I often worry about becoming separated from my daughters in public, so I helped them make elastic safety bracelets. On each, beads spell out my cell phone number. Should one of the girls ever get lost, she knows to ask a police officer or store clerk to call the number on the bracelet.

*Taken from Family Fun Magazine, August 2010  
Susan Atkinson*

**County Website:**  
[www.co.grant.wi.gov](http://www.co.grant.wi.gov)

**Immunization Website:**  
[www.dhfs.wi.gov](http://www.dhfs.wi.gov)

## Cribs for Kids



Babies are safest sleeping alone in an uncluttered crib on their back, never on their front or side. If you need a crib...we can help. The Grant County Health Department has free Graco Pack n' Play cribs to give out to parents that qualify for the Cribs for Kids Program. Call the Grant County Health Department at (608) 723-6416 and ask for Jenny.

- ▶ The safest way for your baby to sleep is on its back, alone in a crib.
- ▶ The baby's crib should be in the parent's room, if possible. It should have a firm mattress that is closely fitted to the sides of the crib and a tight-fitting sheet.
- ▶ Don't over-dress or over-bundle the baby. One light cover, tucked at the bottom and the sides of the crib should be enough. Allow no covers near the baby's head. Use no pillow, bumpers or toys.
- ▶ Never let a baby sleep in a bed or chair with another person.
- ▶ A baby should sleep in a smoke-free home.

Breastfeeding has important health benefits for babies, but do it safely. When breastfeeding, make sure you are in a position that will allow you to stay awake. When finished, return the baby to the crib.

### Labor Day

The Grant County Health Department will be closed Monday, September 6th in observance of Labor Day. Our office will re-open on Tuesday morning at 8:00am.

### CPR & AED Training

The training dates in 2010 are Sept 20 and Nov 15.

Training runs from 5:45pm to 9:30pm at the Grant County Health Dept.

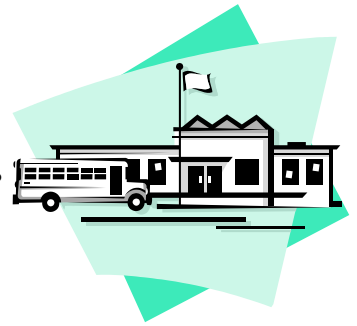
Cost is \$30.00 payable one week prior to the class. The community CPR certification is good for one year.

# Back to School Tips

Get enough sleep- Children should get back into their school sleep schedule 1-2 weeks before school starts.

Eat Breakfast- Children do better in school if they eat breakfast. No time for breakfast? Many schools offer a breakfast program every morning, or children can eat something simple on their way to school such as a granola bar or a piece of fruit.

Help children get back into their homework routine- set aside a time each night after school starts to do homework.



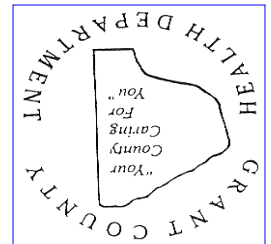
## Be Kind to Your Back, Neck, and Shoulders

Sometimes, backpacks can give a kid a backache or cause pain in the neck or shoulders. To avoid this, follow these rules:

- Use both shoulder straps to distribute the weight evenly. Wearing a backpack on only one shoulder may cause you to lean to one side.
- Stand up straight. If your child's backpack makes you hunch forward or lean to one side, they may be carrying too much weight or not using both shoulder straps.
- Limit the weight. Doctors recommend carrying no more than 10% to 15% of your body weight. For example, if you weigh 80 pounds, your backpack shouldn't weigh more than 8 to 12 pounds.



**Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on the Grant County Health Department**



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